



Team Pride – Integrity – Dedication - Leadership

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### **Senior 2 Group – Development Stream**

The SWAT Senior 2 Group is the second stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward older intermediate swimmers, they will build on the training principles taught in the Junior Group. Swimmers should have a good grasp on training skills and focus to learn how to become tough and dedicated athletes. This practice group is structured to increase pool time and dryland time to continue athlete development as swimmers age. Swimmers model our first two team values “Team Pride” and “Integrity” daily, while being taught the third team value “Dedication” - instilling traits of commitment and discipline to achieve greatness in all aspects of life.

#### Quick Facts

Target Age: 13&O

Commitment 6x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride

SWAT Theme: Solidify Training Skills, Continue Athlete Development

Pre-Assessment: Swim NS AA Qualified or above.

Swim Meets: This group attends Age Group Meets